



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 20048, Rice, white, long-grain, precooked or instant, enriched, dry

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	8.38	--	--	8.37	8.4	1.0	--	--	2	Analytical or derived from analytical	--	02/2005
Energy	kcal	380	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	1591	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein ¹	g	7.82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Total lipid (fat) ¹	g	0.94	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Ash ¹	g	0.53	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Carbohydrate, by difference	g	82.32	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary ^{1 2}	g	1.9	--	0.645	1.2	2.6	1.0	-6.251	10.141	2	Analytical or derived from analytical	--	02/2005
Sugars, total	g	0.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Glucose (dextrose) 1	g	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Fructose 1	g	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Maltose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Starch 1	g	73.77	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Minerals													
Calcium, Ca 1	mg	22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Iron, Fe 1	mg	6.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Magnesium, Mg 1	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1	mg	118	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Potassium, K 1	mg	27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Sodium, Na 1	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Zinc, Zn 1	mg	1.43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Copper, Cu 1	mg	0.177	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Manganese, Mn 1	mg	0.985	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Selenium, Se 1	µg	37.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin 1	mg	0.926	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Riboflavin 1	mg	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin ¹	mg	7.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Pantothenic acid	mg	0.432	--	0.074	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6 ¹	mg	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Folate, total ¹	μg	275	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Folic acid ¹	μg	273	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Folate, food ¹	μg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Folate, DFE	μg	466	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	6.1	--	--	--	--	--	--	--	--	Calculated or imputed	20045	03/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol) ¹	mg	0.04	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocopherol, gamma ¹	mg	0.19	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocopherol, delta ¹	mg	0.04	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	20044	02/2003
Lipids													
Fatty acids, total saturated	g	0.152	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
4:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
8:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
10:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
12:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
14:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
15:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
16:0 1	g	0.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
17:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
24:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Fatty acids, total monounsaturated	g	0.144	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
14:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
16:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:1 undifferentiated ¹	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Fatty acids, total polyunsaturated	g	0.219	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
18:2 undifferentiated ¹	g	0.202	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:3 undifferentiated ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:4 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:5 n-3 (EPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
22:5 n-3 (DPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
22:6 n-3 (DHA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan ^{1 3 4}	g	0.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Threonine ^{1 3 4}	g	0.289	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Isoleucine ^{1 3 4}	g	0.359	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Leucine ^{1 3 4}	g	0.691	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine 1 3 4	g	0.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Methionine 1 3 4	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Cystine 1 3 4	g	0.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Phenylalanine 1 3 4	g	0.413	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Tyrosine 1 3 4	g	0.232	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Valine 1 3 4	g	0.497	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Arginine 1 3 4	g	0.688	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Histidine 1 3 4	g	0.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Alanine 1 3 4	g	0.456	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Aspartic acid 1 3 4	g	0.841	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid ^{1 3 4}	g	1.466	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Glycine ^{1 3 4}	g	0.376	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Proline ^{1 3 4}	g	0.503	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Serine ^{1 3 4}	g	0.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2b, 1999 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Continued monitoring of the nutrient content of selected key foods, University of Georgia, 1993 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9m, 2005 Beltsville MD